

Charles City Middle School Lunch Menu

Fresh fruit and veggie bar offered daily!



September
2022

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MONDAY

THURSDAY ¹

Classic Cafe Chicken Bites w/ Sweet & Sour Sauce, Brown Rice, Stir Fry Vegetable

Pizza Station Sausage Pizza

Fresh Choices Turkey Deli Sandwich, Buffalo Chicken Salad

TUESDAY

FRIDAY ²

Classic Cafe Baja Fish Tacos, Sweet Potato Fries

Diner Station Spicy Chicken Patty on Bun

Fresh Choices Turkey Ranch Wrap, Crispy Chicken Salad

WEDNESDAY

EXTRA INFO

Harvest of the Month 



Milk choice of white or chocolate available.
For questions/comments please contact your FSD
at 641-257-6505 or email taher@charles-city.k12.ia.us

Menus are subject to change without notice. This institution is an equal opportunity provider.



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5
MONDAY

Labor Day-No School

8
THURSDAY

Classic Cafe Ham & Tater Tot Breakfast Bake,
Cinnamon Roll, Roasted Cauliflower

Pizza Station Sausage Pizza

Fresh Choices Buffalo Chicken Wrap, Turkey
BLT Salad

6
TUESDAY

Classic Cafe Crispy Chicken Nuggets, Whole
Grain Dinner Roll, Baked Beans,
Cherry Tomato

Pizza Station Cheese Pizza

Fresh Choices Ham Deli Sandwich, 7 Layer
Salad

9
FRIDAY

Classic Cafe Italian Meatball Sub, Caesar Salad,
Steamed Green Beans

Diner Station Crispy Chicken Tenders, Whole
Grain Dinner Roll

Fresh Choices Turkey BLT Wrap, Harvest
Chicken Salad

7
WEDNESDAY

Classic Cafe Sub Sandwich Bar, Tater Tots,
Broccoli Salad

Diner Station Crispy Chicken Sandwich

Fresh Choices Pretzel Bites Yogurt Pak Munchable,
Chicken Taco Salad

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12

MONDAY

Classic Cafe Burger Bar, Golden French Fries, Romaine Lettuce

Diner Station Corn Dog

Fresh Choices Turkey Deli Sub Sandwich, Chicken Caesar Salad

15

THURSDAY

Classic Cafe BBQ Chicken Sandwich, Cucumber Ranch Salad, Steamed Corn

Pizza Station Pepperoni Pizza

Fresh Choices Ham Deli Sub Sandwich, Crispy Chicken Salad

13

TUESDAY

Classic Cafe Cheesy Italian Flatbread, Steamed Broccoli, Red/Orange Bell Pepper

Pizza Station Sausage Pizza

Fresh Choices Chicken Caesar Wrap, Cravin Craisin Salad

16

FRIDAY

Classic Cafe Soft Beef Tacos, Roasted Cauliflower, Romaine Lettuce, Salsa

Diner Station Buffalo Chicken Dip, Tortilla Chips

Fresh Choices Crispy Chicken Wrap, 7 Layer Salad

14

WEDNESDAY

Classic Cafe Pizza Burger Melt, Calico Bean Bake, Cherry Tomato, Chocolate Chip Cookie

Diner Station Crispy Chicken Tenders, Whole Grain Dinner Roll

Fresh Choices WG Chips, Salsa & Cheese Cubes, Chef Salad

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19

MONDAY

Classic Cafe French Toast Sticks, Sausage Patty, Breakfast Potatoes

Diner Station Grilled Cheese Sandwich

Fresh Choices Yogurt Pak with Bagel, Turkey BLT Salad

22

THURSDAY

Classic Cafe *FFA Pork, Kettle Potato Chips, Baked Beans, Coleslaw, Apple Crisp

Diner Station Hamburger on a Bun

Fresh Choices Turkey Deli Sub Sandwich, 7 Layer Salad

20

TUESDAY

Classic Cafe Chicken Fajitas, Pineapple Radish Pico, Black Beans, Salsa, Romaine Lettuce

Pizza Station Sausage Pizza

Fresh Choices Turkey Ranch Wrap, Beef Taco Salad

23

FRIDAY

Classic Cafe Chicken Bacon Ranch Melt, Maple Roasted Apples & Carrots, Broccoli Salad

Diner Station Grilled Ham & Cheese Sandwich

Fresh Choices Buffalo Chicken Wrap, Chef Salad

21

WEDNESDAY

Classic Cafe Popcorn Chicken Bowl, Whole Grain Dinner Roll, Mashed Potatoes, Steamed Corn

Diner Station Fish Nuggets, Whole Grain Dinner Roll

Fresh Choices Turkey Ham Deli Sandwich, Chicken Caesar Salad

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26

MONDAY

Professional Learning-No
School

29

THURSDAY

Classic Cafe Beefy Nachos w/Cheese Sauce,
Refried Beans, Spring Corn Salad,
Salsa

Pizza Station Sausage Pizza

Fresh Choices Turkey Cranberry Wrap,
Crispy Chicken Salad

27

TUESDAY

Classic Cafe Grilled Cheese Sandwich, *Tomato
Basil Soup, Roasted Cauliflower,
Caesar Salad

Pizza Station Chicken Alfredo Pizza

Fresh Choices Honey Mustard Ham Wrap,
Turkey BLT Salad

30

FRIDAY

Classic Cafe Chicken & Gravy, Mashed Potatoes,
Whole Grain Dinner Roll, Green
Beans, Homemade Brownie

Diner Station Beef Hotdog on a Bun

Fresh Choices Ham Deli Sub Sandwich,
Buffalo Chicken Salad

28

WEDNESDAY

Classic Cafe Pasta with Meat Sauce, Garlic
Toast, Garden Salad, Cucumber
Slices

Diner Station Crispy Chicken Sandwich

Fresh Choices Turkey Deli Sandwich,
Harvest Chicken Salad

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